

Ministry Pivot with Rev. Russell St. Bernard

### **Description:**

In this week's episode, our host, Rev. Russ, delves deep into the metaphor of life as a marathon. He opens up about his competitive nature and the wisdom he's gained through reflection and self-understanding.

Drawing from his own experiences and the insights of Gallup's Strength Finders, Rev. Russ discusses the importance of honesty with oneself and others, discernment in selecting opportunities, and the shocking revelation that not every opportunity is meant for you. It's about understanding how God wired you and identifying your race and pace.

Whether you're feeling stuck, unsure, or just looking for a fresh perspective, this episode promises to provide invaluable insights into understanding your own strengths and pace in the marathon we call life. We hope this episode guides you towards a more fulfilling journey.

### **Takeaways**:

* Life can be compared to a marathon, and it's important to recognize which race you're running and manage your pace accordingly.
* Competition is only sometimes beneficial, it's crucial to know when to compete and when to slow down.
* Being honest with yourself and others about your strengths and weaknesses is important.
* Not every opportunity is meant for you, discernment is necessary in selecting which ones to pursue.
* Understanding how you are uniquely wired can help identify your race and pace in life.

### **Other Key Points Suggested by Rev. Russell St. Bernard**

* Gallup's Strength Finders is a helpful tool for understanding one's strengths and how they line up in different zones.
* You must be honest about your competitive nature and know when you are pushing too hard.
* It's important to be honest with your team and those around you; they might call you to a race that's not meant for you.

### **Resources**

* Website
	+ [Gallup StrengthsFinders](https://www.gallup.com/cliftonstrengths/en/252137/home.aspx)
* 5 Minute Pivot and Other Podcast by Rev. Russell St.Bernard <https://ministrypivot.com/conversations/>
* Articles from Rev. Russell St. Bernard <https://ministrypivot.com/articles/>

### **Final Takeaway:**

* You need to evaluate the lanes you are operating and ensure you are in the right race.
* Once you're in the right race, it's crucial to watch your pace and ensure you're not overexerting yourself.

**Discussion Questions: (discuss with your team or reflect on your own?)**

* The host talks about understanding our own strengths and pace in life's marathon. Can you identify your strengths and how you use them in your life journey? How are these strengths helping you maintain your pace in life's race?
* Rev. Russ emphasizes the importance of honesty with oneself and others. Have there been instances in your life where being honest with yourself has helped you make better decisions?
* Rev. Russ suggests that only some opportunities are meant for us. Can you recall any opportunities you've turned down because they weren't aligned with your life's pace or goals? How did you make those decisions, and what was the outcome?

# Podcast Resources

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